



**Fitness with PJ**  
MAKING YOU FIT. FOR LIFE.

t: 604.341.1509 e: [info@fitnesswithpj.com](mailto:info@fitnesswithpj.com) w: [www.fitnesswithpj.com](http://www.fitnesswithpj.com)

## **Foods to Reduce Inflammation**

Inflammation. It means more than just a swollen ankle after a bad spin, or a puffed up knee from one too many lunges last workout. Inflammation can happen throughout the body, at a cellular level, and it can have a real negative effect on the body.

Some inflammation is good for the body. It is designed to help your body respond to stress. Such as when you get a cold. Your body fights it off with inflammation in the form of a fever. Or, when a joint is inflamed this is the body's way of telling you to lay off, it's had enough. The inflammation we need to be most concerned about is low-grade chronic inflammation. It can age us, and age us fast!

Low-grade chronic inflammation is created when the body is in a constant state of stress, and if you give even a casual glance at our lifestyles you can easily identify these stressors. Bad eating, no exercise, inability to relax, working long hours, not getting enough sleep are all stressful on the body. Most of live like this on a daily basis, and it is this constant state of stress that is causing us a lot of health problems.

Most medical professionals don't know what comes first, the inflammation or the disease. But either way a lifestyle that keeps you in a constant inflammatory state could lead to aging faster than we would like to, heart disease, high blood pressure, bacterial or viral infections, osteoporosis, arthritis, acid reflux, candidiasis and acne. Likewise if you are overweight, have aches and pains, congestion, stiffness, indigestion, frequent infections, dry eyes and diarrhea chances are also high that you are inflamed.

In addition to lifestyle, foods are also a contributor to inflammation. Polyunsaturated oils like safflower, sunflower, corn, peanut and soy, and trans-fat and partial hydrogenated oils are inflammatory as are high-carb, low-protein diets (interesting to note that there is research that shows that low-carb diets reduce inflammation for most women). Refined sugars also jack up the insulin levels and put the immune system on high alert and processed foods and foods with nitrates in them (like deli meats, hot dogs and smoked sausage products) should also be avoided. Reading this list of foods that inflame it donned on me that all we really need is common sense. I mean, no one actually thinks a hot dog is good for them? Do they?

The great news is that exercise, eating the right foods and learning how to control your stress are excellent treatments for reducing chronic inflammation. Yoga, walking daily, weight training are great sources of stress-reducers and exercise. Accompany regular activity with a diet rich in anti-inflammatory foods, and you should be able to reduce inflammation in the body and bring the problem under control.

Add these foods to your diet:

<b>Vegetables</b>	- Avocados, bell peppers, bok choy, broccoli, brussel sprouts, cabbage, cauliflower, chard, collards, fennel bulb, garlic, green beans, green onions, spring onions, kale, leeks, olives, spinach, sweet potatoes, turnip greens
<b>Fruits</b>	- Cherries, apples, avocados, black currants, blueberries, fresh pineapple, guavas, kiwis, kumquats, lemons, limes, mulberries, oranges, papayas, raspberries, rhubarb, strawberries, tomatoes
<b>Herbs &amp; Spices</b>	- Basil, cayenne pepper, chili peppers, cinnamon, cocoa (at least 70% cocoa chocolate), ginger, licorice, mint, oregano, parsley, rosemary, thyme, turmeric
<b>Oils</b>	- Avocado oil, extra virgin olive oil, flax seed oil, coconut oil, grapeseed oil, omega 3 fish oil, tea tree oil
<b>Drinks</b>	- Green tea, red wine (in moderation!)
<b>Nuts &amp; Seeds</b>	- Almonds, chia seed, flaxseed/linseed, hazelnuts, sunflower seeds, walnuts
<b>Fish</b>	- Cod, halibut, herring, oysters, rainbow trout, salmon, sardines, snapper, striped bass, tuna, whitefish